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Organizer Laurie Gaal is seen with a poster advertising a "fight tuition hikes" protest planned at Mount Royal University for Thursday. JEREMY NOLAIS/METRO

Students to rally against looming tuition spikes

Province warned.
'We do hold grudges," organizer promises

Students are organizing a rally and blanketing city campuses with posters and notices warning their peers of potential tuition increases as a provincial deadline for post-secondary institutions to apply for such hikes looms.

Laurie Gaal, an arts student at Mount Royal University, has eyes on transferring to the business program. But that is one of three programs identified by school administrators as being due for a market-modifier tuition hike.

In response, she's printed hundreds of posters and established a Facebook group advertising a "fight the tuition hikes protest" to be held Thursday at 11:30 a.m. at Mount Royal's East Gate entrance. Gaal said she hopes to draw hundreds out for the event, much like organizers did last year in response to a nine per cent turnaround in once-promised post-secondary funding in the provincial budget.

Gaal said the province continues to underfund post-secondary and the message she hopes to send is simple.

"We do hold grudges, we don't just vote the way our parents did," she said.

As of Monday night, two days after the event's Facebook page was launched, nearly 100 students had indicated on Facebook they would attend.

All market-modifier proposals — each city post-secondary institution is allowed to submit three — must be approved by the provincial advanced education ministry and officials have said they aim to correct "anomalies" where a school is charging less for a program than comparable institutions across the country.

At the University of Calgary, meanwhile, officials have revealed the actual amounts of the tuition bumps they will be seeking from the province in law (24 per cent), engineering (nearly 32 per cent) and its graduate business administration program.

Levi Nilson with the U of C Students' Union said engineering students are planning a town hall Friday to discuss the hikes further and consideration is being given to hosting a rally on their own campus as well.

"People are pretty upset and pretty frustrated across the board ... but we don't want to organize a protest just for the sake of organizing a protest — it's something that would have to happen organically," he said, noting student societies in the impacted faculties are taking the lead on advocacy efforts. JEREMY NOLAIS/METRO

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Nikki Yanofsky, best known to Canadians for her Vancouver Olympics singing, will be on her first cross-Canada tour — including a stop in Calgary on Jan. 30. Tickets will be on sale at livenation.com or at ticketmaster.ca

2
TIME TO BAIL
Be ready with your wallet today as you may be asked to bail friends out of donation prison as a part of the annual Jail-N-Bail fundraiser put on by the Canadian Cancer Society. Calgarians will be "jailed" and have to meet fundraising targets to be set free.

3
GALLIANO TO MAKE COMEBACK
It's confirmed: John Galliano is making his comeback at Maison Martin Margiela. According to Women's Wear Daily, Galliano is expected to present his collection next January.

4
GILLER PRIZE
Miriam Toews, David Bezmozgis, Frances Itani, Sean Michaels, Heather O'Neill and Padma Viswanathan are the finalists for the Scotiabank Giller Prize. The winner will be announced Nov. 1.

5
LUNAR ECLIPSE
If you missed April's lunar eclipse, now's your chance for a do-over. Tomorrow just before dawn, if the skies are clear, North Americans will have prime viewing of a full lunar eclipse.

United churches welcome LGBTQ, preach God's love is 'for everybody'

'Affirming' support.
Declaration aiming to inspire congregations to open doors to those who feel 'marginalized'

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Pace Anhorn and Pam Rocker stand outside Calgary's Living Spirit United Church. ROBSON FLETCHER/METRO

Pace Anhorn is transgender and believes in God, two defining characteristics that many believe don't always go together.

Anhorn was welcomed with open arms, however, by members of the congregation at Calgary's Living Spirit United Church.

Now, he and other members of the congregation are preparing on Oct. 26 to become the ninth church of their kind in Calgary to join the "affirming" network, meaning they are open to same-sex marriage, promote a space space for people from all walks of life, and have no problem sharing that acceptance with members of other churches near and far.

"God's love is all-encompassing — for everybody. It's not just for those that fit the conservative mould," Anhorn stated proudly in an interview Monday.

The process to join the affirming network can span years and isn't as simple as "sticking a rainbow flag in the window because it's cool," according to Pam Rocker, who's from Calgary and serves as co-chair of the national Affirm United group, which helps congregations like Living Spirit embark on the journey to greater acceptance for all.

Rocker said there's a long way to go, as just 115 of roughly 3,000 United Church ministries in Canada (less than four per cent) have gone through the process that Living Spirit is soon to complete.

"It doesn't mean those that aren't officially affirming aren't inviting, but it's so important for us to preach what we practise," Rocker said.

"So many people have been through spiritual abuse from different religions ... If somebody's willing to take that risk again and they have spiritual yearning to work out in the community, this is important. I would never go to a church that isn't affirming now."

The road to acceptance can be a bumpy one. Metro first met Traci Hubbard and Jennifer Ferguson, the ministers at Living Spirit, in late 2012. A lesbian couple, the pair recalled fierce opposition to their initial application to lead the congregation.

"They drafted a petition," Ferguson recalled at the time. "I am thinking, 'Wait a second. You haven't even heard me preach.'"

Nowadays, it seems even more senior members of the church, like 78-year-old great-grandmother Norma Baldwin, have bought in.

"It was important because all churches should be open," Baldwin said of the affirming process.

"It was something we could do to make a welcoming place in our community for those who might feel marginalized. Not just LGBTQ folks, but also their families."

Join the celebration

- At the Oct. 26 affirming celebration, members of the Living Spirit church will be joined by folk singer and gay activist Kate Reid.
- "I just believe that whoever you think God is, God just loves people for who they are, not because of who they want to sleep with or how they want to live their lives," she said Monday.
- The celebration gets under way at 1:30 p.m. at Living Spirit, which is located at 629-49th Ave. SW.

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Workload review. City councillors considering need for more office staff

What began as a review of whether Calgary has enough city councillors to represent its growing population has turned into a broader review of councillors' workloads and whether they have enough office staff.

Council voted Monday to put off a decision on expanding the number of council seats until mid-November, which is when they will also look at the costs of hiring more assistants.

Former Calgary mayor Al Duerr, who was tapped to take on the initial inquiry, said Calgary has the fewest councillors per population of all major Canadian cities.

There's no "optimum number" of constituents per elected official, Duerr noted, but with each city councillor now representing an average 86,000 Calgarians, the workloads have become burdensome.

"You face an almost impossible task, sometimes," he told council Monday.

ROBSON FLETCHER/METRO

Wildrose party. Stronger changes needed to rein in severance payouts: Smith

Alberta's Opposition says a plan by Premier Jim Prentice to cap severance payouts doesn't go far enough.

Wildrose Leader Danielle Smith says the payments have to go beyond political staff to include all senior managers and government officials.

"The problem runs much deeper," Smith said in a news release Monday.

"Albertans are ready to send a message that they've had enough of government insiders getting rich off of them, and they're ready to vote for a party that will put their interests first."

The Wildrose says a freedom-of-information search has revealed that cabinet minister Manmeet Bhullar's office paid out more than $5 million to senior staff when he ran the Service Alberta department.

Bhullar is now infrastructure minister.

THE CANADIAN PRESS

Aussie's sex abuse tales just that: Calgary police

Samantha Azzopardi. Woman, 26, allegedly made false claims of being sexually abused

JEREMY NOLAIS
jeremy.nolais@metronews.ca

An Australian woman who last year falsified claims that she was a child sex-trafficking victim in Eastern Europe has now strangely turned up in Calgary, making similar allegations at a city health centre.

Irish media reports indicate that 26-year-old Samantha Azzopardi was first found wandering aimlessly near the General Post Office (GPO) in Central Dublin last October, claiming she'd escaped a sex-trafficking ring after years of abuse.

She became widely known as "GPO girl" in media reports.

After an investigation, the Irish Gardai later determined those claims were false.

Now, Calgary police confirm the same woman walked into a northeast health centre on Sept. 16 and made claims she was a 14-year-old who had been the victim of an abduction and prolonged sexual assault.

The woman used a false name, Aurora Hepburn, police said.

"There was considerable impact to a lot of the individuals that were working on this investigation, as we were led to believe that this was an actual occurrence," police child abuse Staff Sgt. Kelly Campbell told reporters.

Campbell said they wanted to ensure Azzopardi had the right support in place had her allegations proven true.

But Calgary police also determined the story was false.

Azzopardi has been charged with public mischief to mislead peace officers. Police have released a photo of her to warn the public due to her use of multiple aliases.

Samantha Azzopardi, Australia's mysterious "GPO girl," is seen in this recent photo. Police say she's since turned up in Calgary and is now alleged to have falsified sexual abuse claims. COURTESY CALGARY POLICE SERVICE

Deportation?

Irish media outlets are reporting that Azzopardi is set to be deported from Canada. Calgary Police said this would be left up to Crown prosecutors and the Canada Border Services Agency.

City's 27th homicide

Calgary's homicide unit investigating series of suspicious weekend shootings

Limited details are known about a series of shootings Saturday resulting in Calgary's 27th homicide of 2014.

"We are looking at the relevance to any incident to our investigation, especially if it involves a firearm," Sgt. Doug Andrus of the CPS Homicide Unit said, Monday.

Calgary Police Service homicide Staff Sgt. Doug Andrus METRO FILE

Over the weekend there were two shootings on Saturday, and one late on Sunday.

Police believe the victim, Jason Quinn Antonio, 39, of Calgary left his home and was shot in the 300 block of Manora Crescent N.E.

He was transported to a local hospital where he was pronounced dead.

Though no suspects have been named, police believe this was a targeted attack.

Antonio is known to police from one of their largest meth busts last September.

Metro reported he was charged with two counts of possession for the purpose of trafficking and one count of possession of proceeds of crime.

Autopsy results are expected Tuesday.

HELEN PIKE/METRO

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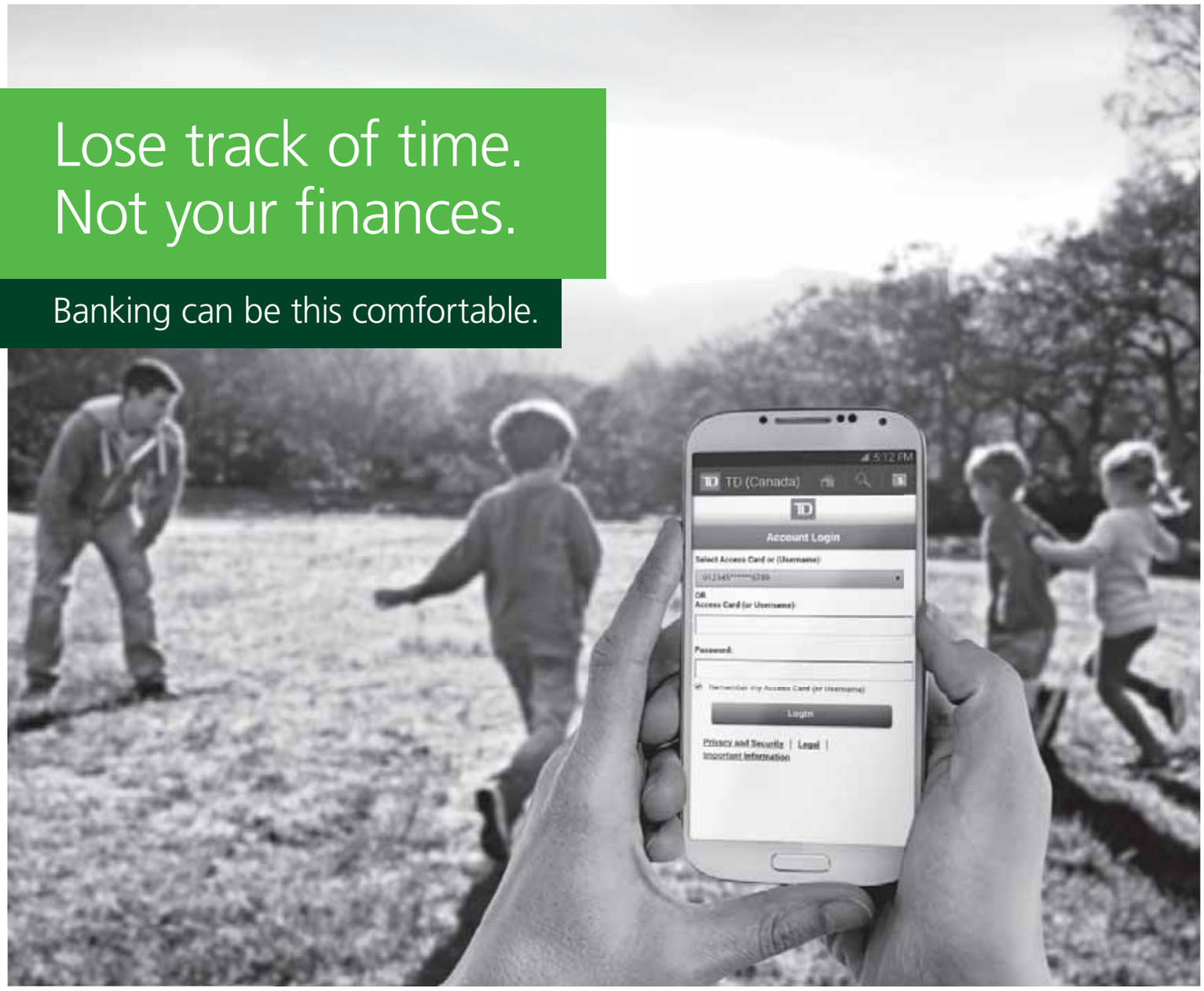

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Centennial High School principal Matt Christison said the staff at his school has faced higher and higher expectations in recent years. JEREMY NOLAIS/METRO

Principals frazzled by outside pressure

Educational choice. Parents beginning to map path for their kids' years in advance

JEREMY NOLAIS
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Steep parent expectations and a continuous line of outside agencies attempting to make their mark on city classrooms have made the job of school principal more challenging and time-consuming, contends one educator.

Matt Christison, the top administrator at Centennial High School, said educational choice — something the Calgary Board of Education has pushed for — can work well, but it's tough to meet the personalized expectations of hundreds of parents.

"I think there are more people who do their shopping and their selection of schools way ahead of time," the veteran principal explained in a recent interview with Metro.

"The difficulty is, even if we do a really good job, there will still be things that we don't offer that people would like."

As an example, he noted that Centennial lacks autobody and welding courses.

There are plenty of influences besides families, with more groups and corporations offering everything from motivational speakers to potential charity work and skills training.

"We truly are inundated.... All of these things have the potential to be good; there's just so many of them," Christison said.

Top officials within the CBE have long debated the extent to which they would allow corporations access to city schools. In 2012, the board altered its regulations to allow a company to have areas within a school named in recognition of equipment or monetary donations.

Christison said he works closely with principals at schools closest to Centennial to offer a variety of courses and is upfront with parents about what his team can provide.

Others have a more critical view of the choice model, claiming in the recently released Future of Principalship in Canada study that it fuelled parents' personal agendas and created unrealistic expectations.

In that study, 58 per cent of Alberta administrators stated that accountability demands were overwhelming, well over the 34 per cent average nationwide.

"The path to perfection has no finish line, so technically it's more like a death march," one principal is quoted in the report.

Red Deer

Robber who shot gas station clerk in the face sentenced to nine years

A man who shot a gas station clerk in central Alberta with a shotgun during a robbery last year has been sentenced to nine years in prison.

Jeffrey Geary, who is 31, pleaded guilty in August to robbery, possession of a prohibited firearm, manufacturing a prohibited firearm and aggravated assault.

Jaysen Reyes was hit in the face and hand from a sawed-off shotgun blast on Sept. 11, 2013, at the West Park Fas Gas in Red Deer.

Court heard that Reyes may never fully recover from the gunshot wounds.

He still suffers from his injuries and is living at a rehabilitation facility in Cochrane.

Geary was also handed a lifetime firearm ban and was given credit for the year he has already spent in custody.

THE CANADIAN PRESS

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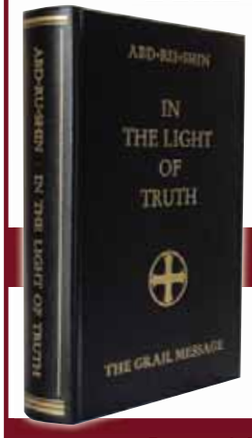

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Calgary mother and president of the Calgary Association of Parents & School Councils, Karen Lloyd, is seen with her two kids in this file photo. METRO FILE

Parent association fears funding cuts

Parents' influence at stake? Head of association worries cutbacks by CBE could dampen their voices

JEREMY NOLAIS
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Cutting funding for a Calgary association will greatly harm the ability of parents to influence decisions made by the city's public-school board, says the groups's head, who plans to urge trustees against such a move at a Tuesday meeting.

The six-member Calgary Board of Education trustee board is due to mull a report that suggests finalizing a decision to strip the Calgary Association of Parents & School Councils (CAPSC) of 60 per cent of its board funding and also "clarify" the relationship between the two entities.

But Karen Lloyd, CAPSC president, said she's heard talk of cutting the $3,000 still being suggested for her group annually and instead putting more emphasis on the Council of School Councils meetings hosted by trustees — the board hosted three last year, for example.

Lloyd said those meetings focus primarily on school-specific issues.

"You have to have a group at the district level that provides for the bigger picture, for things that impact the entire district that parents want to be able to do something about," she said, before listing meetings on contentious report-card changes and how specific groups of students learn as some examples of her group's work.

First Nations lawsuits

Prentice says he'll revisit policies on energy development

Alberta Premier Jim Prentice says he'll revisit policies that have led to the "ripening" of a series of lawsuits and controversies between the provincial government and First Nations over energy development.

"I'm not naive enough to think there haven't been issues," Prentice told The Canadian Press in an interview. "I know there have been. But I'll deal with them."

The last couple of years have seen almost all of the changes Alberta has made to how its energy industry is governed come under legal and political attack from First Nations. In court actions, as well as judicial and legislative reviews, aboriginals have argued the province is systematically narrowing the scope of their influence over how development proceeds, especially in the oilsands.

Aboriginals have refused to participate any longer in government-run environmental monitoring and have boycotted talks on new provincial rules for how industry must consult First Nations.

THE CANADIAN PRESS

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Calgary's Vital Signs get downgrade in 2014 report

Quality of life. Housing, poverty and mental health issues among the reasons for a lower grade than in 2013

ROBSON FLETCHER
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Calgary's quality of life has been downgraded from a B-plus to a B in the latest "community checkup" conducted by a local philanthropic organization.

The Calgary Foundation carries out annual surveys of city residents and combines their responses with hard data gathered from a host of third-party sources in order to come up with grades for a variety of aspects of living in Calgary.

The foundation released its eighth annual Vital Signs report Tuesday, which depicted a slightly less rosy picture of Calgary than various other rankings of cities' livability put out by magazines like The Economist and MoneySense.

"While we continue to ride the 'Best Places to Live' wave, we are reminded that not all of our citizens are part of the prosperity," the Vital Signs report states.

More online

Items discussed in this article represent just a handful of the overall findings of the 2014 Vital Signs report. The full report can be found at thecalgaryfoundation.org.

The cover page of the 2014 Vital Signs report. The Calgary Foundation published the eighth annual report Tuesday, offering a snapshot of the city's quality of life. CONTRIBUTED

Kerry Longpre, vice-president communications for the Calgary Foundation, said several areas in particular led to the downgrading in 2014, including mental health, poverty, housing, and the quality of life for aging Calgarians and aboriginal people.

"We're a very prosperous city — we have the highest average income in the country — but at the same time there's a lot of people living below the poverty level, and that's particularly impacted by housing," Longpre added.

The percentage of median pre-tax income required to carry a mortgage on a typical bungalow, for example, jumped to 34.5 per cent in 2014, up from 33.3 per cent the year before, according to the report.

But Longpre said it's in the rental market, in particular, where Calgarians are feeling the squeeze.

The report notes a resurgence in the homeless population — 3,533 in 2014, up from 3,190 in 2012 — despite Calgary's unemployment rate standing at nearly the lowest of all major cities in Canada.

In the city's largest shelter, the Calgary Drop-In, at least 40 per cent of the population is employed, the report notes.

In terms of education and "lifelong learning," the report gave Calgary a grade of B-minus, and Longpre said it was particularly "disturbing" that just 49.2 per cent of city children were developing "appropriately" by age 5, along five standardized measures of school readiness.

"Kids who struggle in Grade 1 struggle in Grade 4 and often struggle for the rest of their school lives," she said.

At the other end of the age spectrum, Longpre noted, Calgary has a "very high level of attainment in post-secondary education," second only to Ottawa among all cities in Canada.

Report highlights

73.8%
The proportion of Calgarians who rated their mental health status as "excellent" or "very good." That's down slightly from 76.1% a decade earlier.

97
The number of LEED (Leadership in Energy and Environmental Design)-certified buildings in Calgary as of spring 2014. That's nearly double the average number for Canadian cities.

16,276
The average number of net international migrants to Calgary each year, for the past five years. Calgary ranks fourth in Canada, behind Toronto, Montreal and Vancouver.

30.9%
The percentage of Calgarians aged 12 and up who received the influenza vaccine in 2013.

67,550
The number of tonnes of food per week thrown out in single-family homes' black carts, some of which is edible.

We like to play hard after work: Report

Calgarians work hard — and they like to drink hard, too.

That's according the Calgary Foundation's 2014 Vital Signs report, which found people in this city work longer hours than most Canadians and binge drink more frequently when work is done.

Calgarians and Albertans, in general, spend more time at work than do people in Canada's other provinces, with an average week clocking in at 35.1 hours here, compared to 32.9 hours in Ontario and 31.5 hours in Quebec.

Meanwhile, according to the report, 23 per cent of Calgary residents aged 12 and up consumed five or more drinks on one occasion, at least once a month last year.

That's well above the Canadian average of 18.9 per cent and up from Calgary's own rate of 19.3 per cent the year before.

Binge drinking tends to peak between the ages of 18 and 34, according to Statistics Canada data, and decline with age after that.

But it's young people who are most susceptible to the effects of large-scale alcohol consumption, according to Janine Nowacka, the clinical director with the Alberta Adolescent Recovery Centre.

Nowacka said brain development continues into a person's early 20s and binge-drinking can lead to long-term addiction issues.

"When you're saturating that developing brain with any sort of chemical, you're really kind of cementing certain behaviour and certain neural wiring," Nowacka said.

"Neurons that fire together, wire together."

ROBSON FLETCHER/METRO

Cara Klein and Josie Bajada show off some of the suds set to be served at Ceili's Modern Irish Pub Southland location for St. Paddy's Day earlier this year.
ROBSON FLETCHER / METRO FILE

Police aren't clear on how Magnotta first met Lin

No answers. Phone records, online activity and photos offer no clues as to how student and his accused killer came into contact

Luka Rocco Magnotta
MIKE MCLAUGHLIN/THE CANADIAN PRESS

Jurors in Luka Rocco Magnotta's first-degree murder trial were told Monday police have been unable to determine how the accused first met Jun Lin, based on the gathered evidence.

"Despite intensive searches ... nothing allows us to establish how they met, when or why," Montreal police Det.-Sgt. Claudette Hamlin testified, having checked their phone records, online activity and photos on Lin's computer, none of which are of Magnotta.

The trial resumed Monday with more surveillance video from Magnotta's apartment building that shows him leaving for the last time on May 26, 2012 holding a carry-on suitcase and getting into a taxi two days after Lin was seen walking into the building with Magnotta.

Lin, 33, was seen on surveillance wearing a yellow T-shirt, shorts and baseball cap as he walked into the apartment building with Magnotta at 10:16 p.m. on May 24, 2012. He was never seen alive again.

Over the next day Magnotta was caught on the same cameras wearing Lin's T-shirt and methodically putting the trash in the building's basement and outside before leaving for the final time two days later.

Lin's torso was found May 29, stuffed in a suitcase behind the building along with others in the trash.

Magnotta has admitted to causing the acts he's accused of, but his lawyer says his client suffers from schizophrenia and borderline personality disorder, and insists he is not criminally responsible.

The Crown contends the killing was deliberate and planned. THE CANADIAN PRESS

McCann family's online foe found dead

A 63-year-old woman accused of abusing the parents of missing girl Madeleine McCann online has been found dead in a hotel room near Leicester, central England. Her death has revived debate about media responsibility and how to respond to online "trolls."

Television channel Sky News identified Brenda Leyland as a Twitter user who had expressed doubt about Kate and Gerry McCann's explanation following their daughter's disappearance.

Last week, a Sky News reporter confronted Leyland — who lived in the same county as the McCanns — on camera about the alleged abuse. She said she was entitled to send the tweets.

Leicestershire Police said the body of the woman was found on Saturday and the death is not being treated as suspicious.

Last week police said they were examining a dossier of material about the McCanns from social media and online forums.

On Friday, Gerry McCann said the family had been subjected to threats of violence and kidnapping.

"I think we probably need more people charged," he told the BBC.

"I'm glad to see the law around this area is being reviewed. But I do think we need to make examples of people who are causing damage."

Madeleine McCann disappeared days before her fourth birthday in May 2007 during a family vacation at a Portuguese resort. The case is unsolved, but in a 2008 book, a Portugeuse detective alleged the McCanns were involved.

THE ASSOCIATED PRESS

United Kingdom

Man admits to hammer attack

A British man has admitted to battering three sisters from the United Arab Emirates with a hammer during an attack at a London hotel, but denies trying to kill them. THE ASSOCIATED PRESS

New York City

Bear cub dead in Central Park

A bear cub was found dead Monday morning by a dog walker, under a bush inside New York City's Central Park. Authorities suspect animal cruelty. THE ASSOCIATED PRESS

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Canada debates role in ISIS battle as fighter jets prepare for takeoff

Fog of war. House of Commons set to approve deploying aircraft to Iraq as concerns raised about civilian casualties

A U.S. soldier begins his journey home at the end of the U.S. military mission in Iraq in 2011. Canadian fighter jets will soon be sent off to war in Iraq, as the House of Commons stands poised to approve a motion that would deploy aircraft to the country for up to six months. KHALID MOHAMMED/THE CANADIAN PRESS

Canadian CF-18s will soon be heading off to war in Iraq, leaving Parliament and the public in a fog about some key elements of the military commitment — notably what efforts will be made to limit civilian casualties.

The House of Commons stands poised to approve a motion, likely on Tuesday, that would deploy six fighter-bombers, two CP-140 surveillance planes and one refuelling aircraft for coalition air strikes in Iraq for up to six months.

The Harper government was mute during Monday's debate about what precautions would be taken to prevent bombs from going astray and killing innocent people.

Defence Minister Rob Nicholson would only say that the air force will "live up to the highest standards."

National Defence was asked what sort of legal agreements were in place to protect Canadian pilots from possible accusations of targeting civilians.

A spokeswoman for Nicholson, Johanna Quinney, would respond with only the blanket assurance that the air force is "authorized to strike (ISIS) in the Republic of Iraq."

Green party Leader Elizabeth May questioned the effectiveness of airstrikes, citing published reports from the region quoting Kurdish fighters who say the airstrikes have failed to slow ISIS's advance.

"They scattered and reform after the jets leave," said May, who asked for evidence that the bombing runs would prove effective.

She wondered whether "the planned mission will do anything other than to fall into the trap (ISIS) has set to get us involved for their propaganda and ongoing efforts to destabilize the region and encourage recruitment."

THE CANADIAN PRESS

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Chicago. American teen charged after attempting to fly to Syria to join ISIS

An American teenager who expressed disgust with Western society was arrested at a Chicago airport, from where he intended to travel to Turkey so that he could sneak into Syria to join the Islamic State of Iraq and al-Sham (ISIS) group, according to a criminal complaint released Monday.

Members of the FBI's Joint Terrorism Task Force arrested Mohammed Hamzah Khan, a 19-year-old U.S. citizen from the Chicago suburb of Bolingbrook, on Saturday at O'Hare International Airport. Khan is charged with attempting to provide material support to a foreign terrorist organization, and a federal judge has ordered him held until a detention hearing Thursday.

According to prosecutors, Khan was trying to fly to Istanbul when customs officers stopped him at O'Hare's international terminal. While FBI agents interviewed him there, others executed a search warrant at his home and found documents he wrote expressing support for the Islamic State group. THE ASSOCIATED PRESS

Mohammed Hamzah Khan's parents leave the Dirksen federal building Monday in Chicago. Khan is charged with attempting to provide material support to a foreign terrorist organization. AL PODGORSKI/SUN-TIMES MEDIA/THE ASSOCIATED PRESS

Japan

Student suspected of planning to join terrorist group

Japanese police questioned a university student and several others Monday over suspected plans to travel to Syria to join the Islamic State of Iraq and al-Sham (ISIS) group, reports said.

The reported investigation by Tokyo police would be the first indication of possible support within Japan for the militant group. Tokyo Metropolitan Police declined to comment on the reports.

News outlets said investigators questioned a 26-year-old male Hokkaido University student and several men who shared a house with him on suspicion they were preparing to go to Syria to fight.

Investigators believe that the student, who is on a leave of absence from school, responded to a poster at a bookstore in downtown Tokyo offering positions for "work in Syria." THE ASSOCIATED PRESS

Kenya's president to step down during ICC hearing

Uhuru Kenyatta. African leader facing charges of crimes against humanity at The Hague, maintains his innocence

Kenyan President Uhuru Kenyatta on Monday told the nation in an address before parliament that he would temporarily step down while attending a hearing at the International Criminal Court this week.

Kenyatta faces crimes against humanity charges at The Hague, Netherlands-based court for allegations that he helped instigate violence that followed Kenya's December 2007 presidential election, when more than 1,000 people were killed.

The court ordered him to attend a status hearing Wednesday, denying his request that he participate by video. The hearing would be the first time a sitting president attends an ICC session, a mark Kenyatta's political supporters have urged him to avoid.

Seeking to bypass that notation in history, the president on Monday said he would invoke a never-before-used article of the constitution that will see Deputy President William Ruto temporarily become president.

Kenyan President Uhuru Kenyatta
BAS CZERWINSKI/THE ASSOCIATED PRESS FILE

Witness troubles

The case against Kenyatta appears to be collapsing as witnesses refuse to testify or recant their statements, and a once-rocky relationship with the U.S. and Europe seems to be improving.

The temporary abdication is Kenyatta's way of fulfilling the court order, but also insisting that he be a private citizen during the hearing.

In his speech, Kenyatta maintained his innocence, and said Africa's "century of exploitation and domination" by the West continues.

He said the accusations he faces occurred before he became president.

"It is for this reason that I chose not to put the sovereignty of more than 40 million Kenyans on trial since their democratic will should never be subject to another jurisdiction," Kenyatta said. THE ASSOCIATED PRESS

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Hewlett-Packard.
Company splits in two in bid to stem tide of losses

Hewlett-Packard is splitting itself into two companies, one focused on its personal computer and printing business and another on technology services such as data storage, servers and software, betting that it can drive faster sales growth with more focused operations.

Hewlett-Packard, like other PC makers, has struggled as customers shifted toward smartphones and tablets and away from desktops and laptops. It also has been shifting its services business toward cloud computing opportunities, as fewer customers opt for traditional data storage. The company has posted revenue declines in 11 of the past 12 quarters and laid off tens of thousands of people in recent years as it attempts to cut costs. THE ASSOCIATED PRESS

Market Minute

DOLLAR 89.84¢ (+1.02¢)

TSX 14,743.12 (-46.66)

OIL $90.34 US (+$0.60)

GOLD $1,207.30 US (+$14.40)

Natural gas: $3.91 US (-$0.09)
Dow Jones: 16,991.91 (-17.78)

Postmedia newspapers, including the National Post and Ottawa Citizen, are shown with Quebecor Media's Ottawa Sun on Monday. JUSTIN TANG/THE CANADIAN PRESS

Postmedia buying big chunk of Sun Media

Extra! Extra! Read all about it! National Post owner has a $316M deal to purchase Quebecor's English-language newspapers and websites

Postmedia is bulking up its ammunition against Facebook and Twitter by spending more than $316 million to purchase most of Sun Media, an effort it hopes will help stop the steady erosion of its advertising business.

The move will make the owner of the National Post, and a slate of other digital news properties, a significantly larger national media player and allow it to tap further into the struggling newspaper industry as it builds its online network of websites.

"We need this scale, and of course time, to be able to compete with the giant foreign-owned, digital-only companies like Google, Facebook, Yahoo, Twitter, etc.," Postmedia CEO Paul Godfrey said in a news conference on Monday.

Buying Quebecor's English-language operations puts a lot of options at Postmedia's disposal, including 175 traditional newspapers and publications, such as the Sun chain of dailies, the London Free Press and the 24 Hours dailies in Toronto and Vancouver.

Postmedia also pockets valuable real estate that could soon be on the sales block, as it focuses on assets like the Canoe.ca national news website, which is part of the acquired properties.

"Digital audiences are unbelievably valuable to this strategic acquisition," Godfrey said. "Over time, our hope is that Canoe and all of the other related websites may very well become the jewel of the deal." THE CANADIAN PRESS

Rose $3 billion

WhatsApp? The final price of the messaging service

Facebook has completed its acquisition of the mobile messaging service WhatsApp for almost $22 billion US, up from the original $19 billion when the cash-and-stock deal was struck early this year thanks in part to the rising price of Facebook shares.

Facebook named WhatsApp co-founder and CEO Jan Koum to its board Monday. WhatsApp is by far the largest acquisition for the Menlo Park, Calif., company, and bigger than any deals made by Google, Microsoft or Apple.

The price that Facebook was willing to pay raised eyebrows when the buyout was announced Feb. 19, though analysts agreed that landing the popular site made sense. Including cash, stock and restricted stock awarded to WhatsApp employees, the deal is worth $21.8 billion based on Facebook's stock price on Monday. THE ASSOCIATED PRESS

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GETTING OLD SUCKS — OR DOES IT?

SHE SAYS
Jessica Napier
metronews.ca

As I enter my late 20s (OK, *very* late 20s), I've noticed many of my peers complaining about getting old. This is ridiculous, of course, since nobody born in the 1980s has any legitimate claim to being over the hill.

We live in a culture that glorifies youth, but aging is actually a privilege — and unfortunately it's not a privilege that everyone gets to experience. Whether it's down to luck, lifestyle or good genes, every single birthday is a milestone worth celebrating.

Like a fine wine or mature cheese, most human beings actually get better with age. I might groan about lower back pain and the emerging lines on my face (wear sunscreen, kids), but I'm enjoying the many positive side effects that come with getting old(er):

• **Acquiring New Skills:** Age certainly does bring wisdom, thanks to all of the mistakes you make and life lessons you learn along the way. I'm not profoundly more intelligent than I was at 22, but I have reached new levels of competence when it comes to knowing how to reset my wireless router and navigate a foreign public transit system.

• **Forgetting about FOMO:** In my early 20s, I was very concerned with enjoying the same experiences as everyone else. I would throw on a party dress, down an espresso and force myself to go out even when I was utterly exhausted, because I was afraid of missing out on the fun I assumed I was supposed to be having. Now that I'm older and I've been there, done that, I don't feel guilty about staying in anymore. I've learned to truly appreciate the value of alone time, which is why I now feel OK about spending a Friday night drinking red wine and browsing through casserole recipes on Pinterest.

• **Increased Productivity:** The aforementioned low-key evenings mean weekend mornings no longer involve rolling out of bed midday with a throbbing hangover. Last Sunday I went for a run, bought a week's worth of groceries and finished three loads of laundry, all before noon. Acting like a pyjama-clad sloth during daylight hours is just not acceptable anymore — unless the Polar Vortex returns of course.

• **Better Relationships:** When you have a home, a job, and a variety of adult responsibilities, you don't have a lot of free time to spend with friends. Thus, the precious hours that you do have for socializing aren't wasted on undeserving faux friends who make you feel bad. Drama and gossip might have been salacious novelties in high school, but who has time for that anymore?

• **Self-Love:** Perhaps the most rewarding part of the aging process is an increased feeling of comfort and confidence in your own skin. With every passing year I feel more self-assured, accomplished and fulfilled with the person I've become. I guess all of that youthful jealousy and insecurity dissipates when you realize that focusing on your own happiness is much more rewarding than fixating on other people's perceptions of you.

Metro Bitstrips caption contest

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metro AR

Strange overtones giving us good vibrations

ANDREW FIFIELD
andrew.fifield@metronews.ca

SCREENGRAB

Hey, everyone! Are you in the mood to hear something cool? Of course you are. So get introduced to the absurdly talented multi-instrumentalist singer, Anna-Maria Hefele, who specializes in polyphonic overtone singing — which pretty much means singing more than one note simultaneously. She sort of sounds like a theremin, while her hand gesture sort of looks like she's playing one. (Anna-Maria Hefele/YouTube)

Twitter

@metropicks asked: Despite valiant efforts, a man failed to get to Bermuda in a homemade floating "Hydro Pod." What outlandish journey would you attempt to take?

@kingperry: I do hope to use a hovercraft to scale a mountain that isn't so steep. #Alps? #Kilimanjaro?

metro AR

SEE THE NEWS COME ALIVE

In this issue, you can find AR enhancements on page 15 in Scene .

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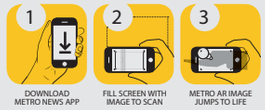

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DVD review

Live Die Repeat: Edge of Tomorrow

Director. Doug Liman, Julianne Jordan

Stars. Tom Cruise, Emily Blunt

This Tom Cruise action vehicle is going out on disc with the action title it should have had this past summer, instead of the soapy Edge of Tomorrow — which likely scared off a few potential viewers. But the handle really doesn't matter. For once, Cruise is fully engaged with a role, instead of merely selling it. He proves this over and over again in the film's time-looping format, which requires a coward to repeatedly die if he hopes to be reborn as a hero. He's protecting Earth against invading spidery giant aliens. You kill one, and 10 more come after you. Cruise gets grand support from a terrific co-star (a buff Emily Blunt), a smart director (Doug Liman, The Bourne Identity) and a bright screenplay adapted from Hiroshi Sakurazaka's popular 2004 novel All You Need Is Kill. Live, Die, Repeat has so much going for it — there are even a few good laughs — you can easily forgive the climatic nonsense involving a world cultural landmark that plays like a sci-fi riff on The Da Vinci Code. **PETER HOWELL**

Director weaves a tangled World Wide Web in film

Men, Women & Children. Jason Reitman created his own virtual world for film about the way the Internet affects us

NED EHRBAR
Metro World News in Hollywood

metro AR Scan this image with your Metro News app to watch an interview with director Jason Reitman on what it's like working with actors like Jennifer Garner. CONTRIBUTED

To make a movie about the Internet, sometimes you need to build your own Internet. At least that was Jason Reitman's approach for his latest film, Men, Women and Children, about how technology complicates people's attempts at love, sex and connection.

So, the Internet.
I'm living in an age of uncertainty in my business, which is caused by the Internet, which has brought uncertainty to so many people's lives — in their jobs, love relationships and relationships with their children. It is a moment of great question. It is the dawn of an industry like humanity has never seen. I don't think that the printing press comes close. It is something that relates to everybody. It's clear that nobody has any answers. You can watch as many TED conferences as you want, we just don't know.

You're dealing with a lot of traditional relationship problems, though. How much do you think the technology changes the situation?
It's the ability to communicate with strangers, to communicate with the unknown. And the ability to find it. The moment in a relationship when you go from cellphone face up (on the table) to cellphone face down. Yeah, things have changed and there's opportunity, but it's opportunity to follow human desire that has been around forever. And that can be desire for true intimacy or infidelity or to get into trouble. That's always been there. The Internet is this curiosity box that allows us to explore everything inside us whether it's good or bad. Everything is instantaneous, and the availability to young people threatens the concept of innocence, if you believe in it at all.

What was your process for tackling the problem of making people staring at their phones and computers look interesting onscreen?
We had to build the Internet; the Internet is a location in this film. We can't just put an actor at a desk and say, "Go to Facebook." Because if you go to Facebook you're going to wind up on a page with lots of people who are not cleared, making lots of comments that are not cleared, taking pictures that are not cleared with ads that are not cleared. This whole movie is people interacting with the Internet, their tablets, their phones, and I wanted it all to be real. So we built the Internet as a location to the actors. For every scene we built our own software that would emulate the Internet that would have pages you could navigate where every user, every like, every ad was our own. The first thing was to create an Internet that we 100 per cent recognize the way that we would recognize ... Starbucks or Gap.

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Crickets, hotdogs and really good food

Million Dollar Critic. Outspoken Giles Coren shines a spotlight on Canadian restaurants

British food columnist Giles Coren visited restaurants in Toronto, Quebec City and St. John's last spring for his new show, Million Dollar Critic. In each city, he picks one restaurant to review in the local paper and online. CONTRIBUTED

Eating a hotdog with Mayor Rob Ford was just one of British restaurant critic Giles Coren's foodie experiences during a visit to Toronto. Another was downing crickets.

While in the city to film Million Dollar Critic last spring, Coren interviewed Ford about the food truck legislation that had passed the day before.

"Rob Ford was charming to me, because he knew I wasn't going to ask him about smoking crack," he says. "It was crazy and mental being at the centre of that press pack. I have sympathy for him because ... we've all done things in a drunken stupor. I haven't smoked a crack pipe, but I've done some silly things, which is why I'd never run for office.

"When I said, 'Let's go get a hotdog across the square,' I didn't think he would say yes, because there was a yammering pack (of media) — he'd just done his crazy drunk stuff on St. Patrick's Day."

Ford didn't eat a hotdog because he was trying to stay in shape at the time, notes the acerbic Coren, a former British political columnist who pens restaurant reviews for the Times and has also worked for such newspapers as the Daily Telegraph, Daily Mail and The Independent.

In Million Dollar Critic, which premieres Tuesday at 10 p.m. on W, Coren visits three cities in Canada (Toronto, Quebec City, St. John's) and three in the U.S. (Philadelphia, Providence, R.I., and Charleston, S.C.), where he explores up-and-coming, authentic and established restaurants, diners and food trucks.

In each locale, he visits five restaurants and bestows one with a written review in the local paper.

In Toronto, he checks out Opus, King Palace, Small Town Food Co., Agave y Aguacate and The Atlantic. In St. John's, the restaurants are Saltwater, Chinched Bistro, Raymond's, The Reluctant Chef and Bacalao, while his Quebec City stint includes Hosaka-Ya, L'affaire Est Ketchup, Soupe & Cie, Panache and La Traite.

He says he liked four of the five restaurants in Toronto, although eating crickets at one was a challenge.

He hopes viewers will become involved in the stories of the restaurants in each city, and what it could mean to them to get a review in the local paper.

"It makes the restaurant," the outspoken critic says. "That's the thing that Trip Advisor cannot do or a food blogger cannot do. Only someone with a huge following can make that kind of difference." The TV coverage is a bonus, he adds.

It was the first trip to Canada for Coren, 45, and he was complimentary about the restaurant scene in Quebec and Toronto. (He was just on his way to St. John's.)

"I had no idea. Blown away by both of them. Quebec is a crazy place. I knew they could speak French there. I didn't know they actually did. To find this kind of European 400-year-old walled city full of cute French chicks and fantastic restaurants. A bit too cold for me, but then you want to be inside eating.

"And Toronto is just diverse and exciting and better than almost any (for) restaurants — as good as New York."

THE CANADIAN PRESS

Quoted

"Quebec is a crazy place. To find this kind of European 400-year-old walled city full of cute French chicks and fantastic restaurants..."

British food critic Giles Coren, on his first visit to Canada for his new show on W

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Restraining order sees Reeves resting easy

Keanu Reeves hopefully won't have to worry about Kerry Colen Raus, the woman who was caught trespassing at his home last month — for a little while, at least. The Matrix star has received a temporary restraining order against her, according to TMZ. The temporary order could be extended after a review hearing on Oct. 22. Raus was arrested in September after she took a dip in Reeves' pool followed by a shower in his house. She is currently in a psychiatric facility.

Keanu Reeves

The Word

The business of being a baby of Blake

NED EHRBAR
Metro in Hollywood

Blake Lively is pregnant, and she announced it by trying to hock some maternity wear on her lifestyle website, Preserve. How delightful. Instead of officially acknowledging Lively's incubation in any direct manner, the site instead includes a photo of the former Gossip Girl star cradling her baby bump along with a lengthy explanation of how the fledgling online outlet has been missing out on a lucrative market segment.

"We have something for men, for women, for the old, but we realized we don't have anything for the new," the Preserve editors write. "With family on our mind, we looked to the origin of it all — to the women in our lives who are right there, at that special moment; the creation of family." Naturally, the two items Lively is wearing in the photo are available for sale on the site.

This will be the first baby and marketing tool for Lively and husband Ryan Reynolds, who met while filming the Green Lantern and tied the knot in 2011. As the site's lengthy post says, "Congratulations to all the expecting mothers out there." We can only assume that includes Lively.

Now, can someone point out which products on the site are "for the old"? Because this I've got to see.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Justin Theroux-ly annoyed by the press pointing to a biological clock

Speaking of family planning, Justin Theroux really doesn't appreciate all the pressure everyone's putting on him and Jennifer Aniston to tie the knot and have a family. While he tells Australia's TV Week that he couldn't be happier "personally and professionally," the constant nagging from the press is getting a bit much. "I am not going to let a tabloid tell me what to do," he says. "I'm not going to watch them tap their watch. What the hell are you telling me to do? Honestly, Justin, it's pretty obvious what they're telling you to do, and it doesn't sound like such a chore, really. "We're just doing our own thing," he adds. "We're completely happy, obviously, but we're not on anyone else's time frame." Well, if you change your mind, Blake Lively has some really lovely baby clothes and maternity wear to sell you.

Justin Theroux
ALL PHOTOS GETTY IMAGES

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LIFE

Drink (or not) to your health

Studies. Here are the latest findings on wine, tea and energy drinks

EVA KIS
Metro in New York City

Go ahead and have a cup of tea. It has antioxidants that may provide survival benefits. ISTOCK

When it comes to our diets, we tend to focus on the foods we eat. But increasingly, scientists are looking at what we drink as having a significant impact on our well-being. We rounded up three recent studies analyzing some of the most common beverages, with mixed results.

Wine

The heart-healthy benefits of wine have been used to justify having another glass at many a dinner party. But there's a catch.

The aptly named In Vino Veritas (In Wine, Truth) study found that wine only protects against cardiovascular disease by lowering cholesterol in people who exercise.

Though evidence for wine's heart-boosting properties has been mounting for two decades, this is the first study that looked at its long-term effects on both types of cholesterol, which can foreshadow atherosclerosis (the buildup of plaque on the walls of arteries).

Professor Milos Taborsky of Palacky University in the Czech Republic found that red and white wines had the same effect: Both wines, when drunk regularly and in moderation, lowered levels of bad cholesterol (LDL), and red wine drinkers had lower cholesterol overall.

But among people who exercised at least twice a week, the addition of wine not only raised their good cholesterol (HDL), it decreased LDL and total cholesterol for both red and white wine drinkers. Cheers!

Tea

Brewed leaves just pulled ahead of brewed beans in the competition over which is better for you between tea or coffee.

A study of 131,000 French people aged 18 to 95 found that having a cuppa cut the risk of non-cardiovascular death by 24 per cent, based on blood pressure and overall health.

The research found that coffee drinkers had worse heart health, especially when it came to smokers (a whopping 57 per cent of people who drank more than four cups per day smoked.) Among tea drinkers, fewer overall smoked, especially those who drank more than four cups daily (29 per cent). Exercise rates were comparable between the groups.

Men tended to drink much more coffee than women, who vastly preferred tea. Interestingly, most of the benefits of tea were found in current or ex-smokers, with little effect on non-smokers.

Study author professor Nicolas Danchin summed it up by saying: "Tea has antioxidants, which may provide survival benefits. Tea drinkers also have healthier lifestyles. So does tea drinking reflect a particular (personal) profile, or is it tea, per se, that improves outcomes? Pending the answer to that question, I think that you could fairly honestly recommend tea drinking rather than coffee drinking, and even rather than not drinking anything at all."

Energy drinks

A new study presented at the European Society of Cardiology congress has definitively linked energy drinks with heart problems.

The typical 8.4-ounce energy drink contains about two espressos' worth of caffeine, which causes calcium to be released in cardiac tissue. This affects the heart's ability to contract and use oxygen, according to professor Milou-Daniel Drici of France's University of Nice.

Because the drinks are popular in clubs and during physical exercise, people tend to drink more than one at a time, increasing their risk of an adverse reaction, such as angina (chest pain due to poor blood flow to the heart) and even death.

Drici concluded that "the general public need to know that so-called 'energy drinks' have absolutely no place during or after physical exercise, as compared with other drinks designed for that purpose."

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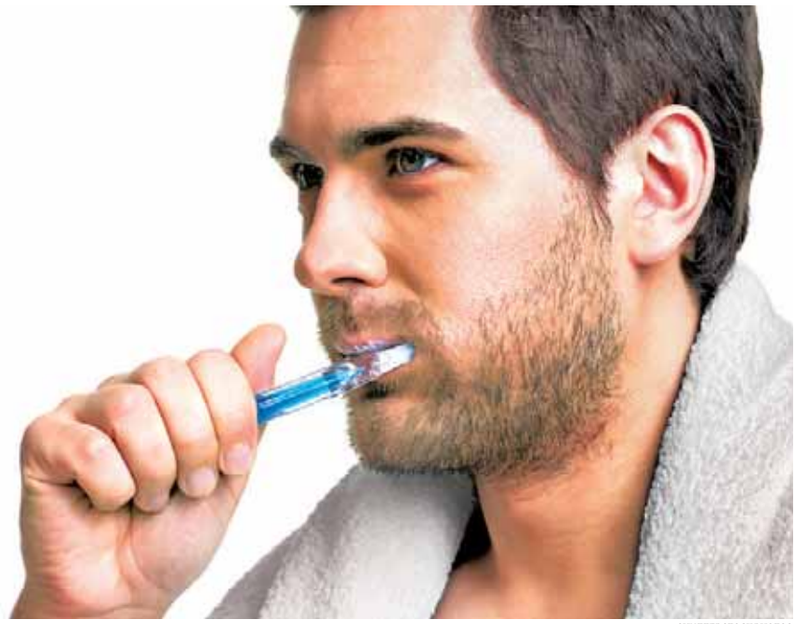

SHUTTERSTOCK PHOTOS

Take a bite out of winter with the right toothbrush

Follow the proper technique when brushing your teeth

For many Canadians, heading out and enjoying winter activities is a favourite pastime. But for those with sensitive teeth, sharp pain squashes the joy of winter when cold air hits their teeth.

Those of us with sensitive teeth know the feeling — that twinge of pain the moment something cold hits their teeth. It's caused by exposure of the nerve, which is the result of hard brushing, along with sugary and acidic foods, slowly stripping away the protective enamel of the teeth.

"Many people are not mindful of their technique or hurry when they brush, which can lead to abrasion of the teeth, especially at the gum line," says Toronto dentist Dr. Janet Tamo. "Eating or drinking sugar or citrus can also cause decay and sensitivity."

It's not an uncommon problem — about two-thirds of Canadian adults experience the discomfort of sensitive teeth. And many of us go to great lengths to avoid those unwelcome stabs of pain.

"Many people use avoidance as their primary technique," Tamo says.

She lists avoiding hot or cold foods and beverages, sipping drinks through a straw and keeping your mouth shut while outside in the cold as common ways that people try to dodge the pain. Some go so far as to cover their teeth with mouth guards when exposing them to cold.

There are a variety things you can do to ease the pain and get back to your enjoyment of winter. Start by talking to your dentist or hygienist for advice.

"They can instruct you on proper brushing and flossing technique to avoid damaging the teeth and gums," Tamo says. "They can also do a diet analysis to determine if there's too much sugar or acid in your daily diet."

One great way to ease the pain of sensitive teeth is with the right toothbrush and toothpaste.

Just in time for this winter season, Crest is launching Crest Sensi, a new line of products specially formulated to help with sensitive teeth. And Crest has partnered with National Hockey League Stanley Cup champion and Sochi Olympic gold medallist Martin St. Louis and his wife, Heather, to introduce the lineup to Canadians.

CREST HELPS DEFEND AGAINST PAIN

You don't have to let the pain of sensitive teeth bench you this winter. Try new Crest Sensi products and defend yourself against the pain of sensitive teeth: Crest Sensi-Relief Whitening plus Scope Toothpaste in Minty Fresh; Crest Sensi-Relief Whitening Toothpaste in Clean Mint; and Oral-B Sensi-Soft Toothbrush.

Crest Sensi-Relief Whitening Toothpaste in Clean Mint whitens teeth by gently removing surface stains while soothing the nerves in your teeth, using potassium nitrate (5%w/w), the No. 1 recommended desensitizing ingredient for at-home sensitivity relief by dental professionals in Canada in 2013.

Crest and Oral-B Sensi products are available at Shoppers Drug Mart. For more information, please visit crest.com/en-CA/ or facebook.com/crest.

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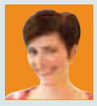
Health Solutions

Digging in the cereal box



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

You know you've done it: had a bowl of cereal for dinner — especially after a big meal like Thanksgiving.

You can take a shortcut once in a while as long as you pay attention to what comes out of that box.

Many cereals are made with ingredients that have been depleted of nutrients: flour and sugar, and flavourings. There is then a fortification of liquid multivitamin tumbled on at the end of the process. Not only does that defeat the purpose, there has been recent news that some of the nutrients can contribute to dangerous levels of some fat-soluble vitamins.

"Most people don't keep track of all of the ways they are consuming fortified foods, or their cumulative effects," says Darren Mahaffy, vice-president of marketing of Nature's Path Foods, which uses organic whole grains and real foods that are naturally nutrient-dense.

Once you are sure you are consuming real food, there are many ways to use cereal:

- Toss in with popcorn for a sweet and salty snack
- Place into baggies for dry, pre-exercise snacks
- Use as a base for stuffings and crispy toppings
- Make into bars and crumbles for desserts

Here is what I like to see on a cereal box:

- Whole grains only, preferably organic
- Wheat-free
- Short list of ingredients
- Nuts, seeds, flax, ancient grains
- 100 to 150 calories per cup
- 3 to 10 grams of fibre (not from inulin)
- 2 to 10 grams of protein
- Any cereal containing soy or corn must be organic to avoid genetic modification
- Sugar and sodium should be as low as possible
- No added colours (some have negative impact on growing brains!), artificial flavours or fortification of vitamins.

Stuff more than the turkey

Alternative Thanksgiving Week. Vegan guests and those with celiac disease will dig in

THERESA ALBERT
myfriendinfood.com

Thanksgiving is what my family calls "forced family fun." Mix in your vegan relative and your gluten-free neighbour and you have a recipe for culinary disaster. Here is a dish that will please everyone with its beauty, nutrition and deliciousness. It's a simple way to turn ho-hum stuffing into a focal point. Better yet, it can be eaten by any guest with almost any dietary restriction. Whew!

1. Preheat oven to 400 F.

2. Finely chop celery, carrot, onion and garlic and cook in skillet with oil for 5-8 minutes until soft. Stir spices and toast Whole O's, 2 minutes. Add broth; simmer until absorbed.

3. Stuff into apples and bake for 10-15 minutes. Serve warm as a side dish. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**

FLASH FOOD

From your fridge to your table in 30 minutes or less

Ingredients

- 2 stalks celery
- 1 carrot
- 1 onion
- 1 clove garlic
- 1 tsp extra virgin olive oil
- 1 tsp dried thyme
- 2 tsp poultry seasoning
- 1 tsp white pepper
- 1/2 tsp dry mustard powder
- Pinch salt
- 3 cups gluten-free Whole O's cereal (Nature's Path)
- 2 cups gluten-free vegetable broth
- 4 apples

This Gluten-Free Stuffing Stuffed Baked Apples recipe serves 4. THERESA ALBERT

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NHL

Flames ink defenceman Diaz

The Calgary Flames signed defenceman Raphael Diaz to a one-year contract on Monday.

Diaz has six goals and 39 assists along with 52 penalty minutes through 145 games in the NHL. He has also played nine NHL playoff games.

The 28-year-old had two goals and 13 assists in 63 games last season with three teams — the Montreal Canadiens, Vancouver Canucks and New York Rangers.

The Flames also announced Monday that they had assigned defenceman Tyler Wotherspoon to the Adirondack Flames of the American Hockey League.

Wotherspoon, 21, had four assists and four penalty minutes in 14 games with Calgary last year.

THE CANADIAN PRESS

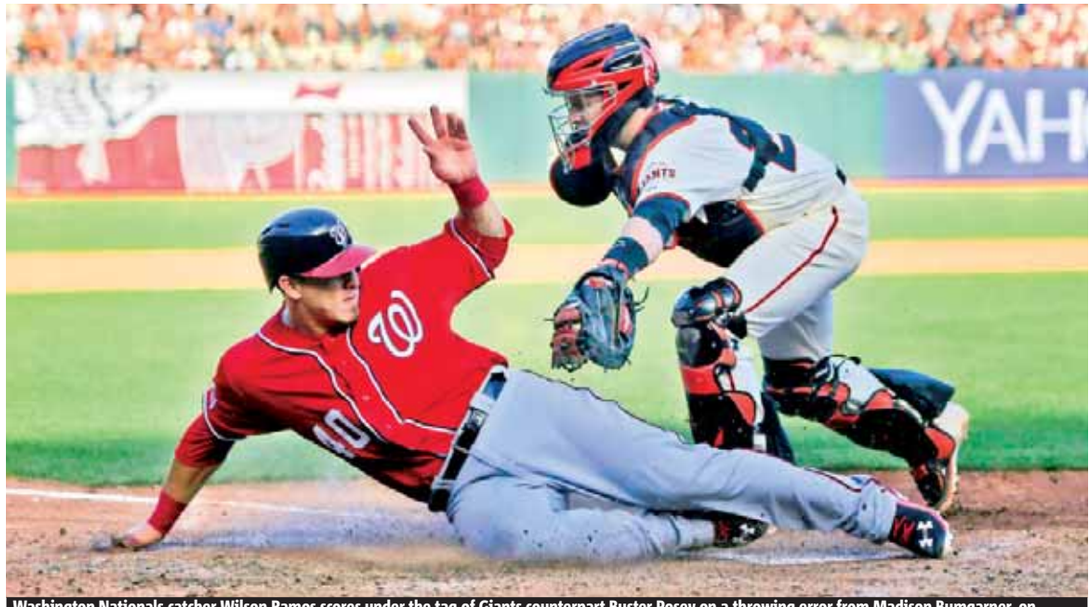
NHL

Rangers apparently like the ring of Ryan for captain

Ryan McDonagh is the new captain of the New York Rangers, replacing forward Ryan Callahan, who was traded away late last season.

The 25-year-old McDonagh was selected as the team's 27th captain, general manager Glen Sather announced Monday night in a news release. Fellow defencemen Dan Girardi and Marc Staal, and forwards Derek Stepan and Martin St. Louis, were chosen as alternate captains.

THE ASSOCIATED PRESS



Washington Nationals catcher Wilson Ramos scores under the tag of Giants counterpart Buster Posey on a throwing error from Madison Bumgarner, on Monday afternoon in San Francisco. MARCIO JOSE SANCHEZ/THE ASSOCIATED PRESS

Nats strike back in San Francisco

MLB playoffs. Washington avoids sweep, thanks to rare lapse by Giants ace

Doug Fister pitched seven shutout innings and the Washington Nationals took advantage of Madison Bumgarner's one off-target throw, staving off elimination in the NL Division Series with a 4-1 win against the San Francisco Giants on Monday.

Fister dazzled again in San Francisco, helping the Nationals cut their deficit to 2-1 in the best-of-five series and ending the Giants 10-game post-season winning streak that started with Game 5 of the 2012 NL Championship Series against St. Louis.

Washington scored two runs on Bumgarner's throwing error in the seventh inning to end the ace's 21-inning scoreless streak. Bryce Harper punctuated the victory with a solo homer in the ninth.

"Really it came down to every pitch," Fister said. "Fortunately a ball bounced our way."

Drew Storen allowed the first two batters to reach in the bottom of the ninth but shook off his post-season struggles, allowing a run in closing it out as Washington forced a Game 4 on Tuesday night.

Now, the 96-win Nationals will send left-hander Gio Gonzalez up against San Francisco right-hander Ryan Vogelsong.

On a day Bumgarner had been nearly untouchable, his 21-inning post-season scoreless streak ended on his own miscue. Now, the Giants must wait another day to try to eliminate the Nationals, who trail 2-1 in the best-of-five series.

THE ASSOCIATED PRESS

Game 3

Nationals	Giants
4	1

- Go to metronews.ca for more MLB playoff coverage, including Monday's NLDS Game 3 matchup between the Cardinals and Dodgers in St. Louis.

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CARDEL HOMES

Gazillions. NBA renews contracts with ESPN, TNT for nine more seasons

The NBA and its television partners couldn't wait to extend their contracts.

The league renewed its deals with ESPN and TNT even though two seasons remain on the old ones. With potential competition from Fox looming, both networks were willing to pay generously to secure the rights long term.

The NBA's annual revenue from the agreements will increase from $930 million to more than $2.6 billion, according to a person familiar with the terms. The person spoke on condition of anonymity to The Associated Press because the league did not announce financial figures.

"We ultimately made a decision that this was the right time to go," commissioner Adam Silver said at a news conference Monday. "These are extraordinarily healthy deals financially."

The contracts will run an additional nine years through the 2024-25 season. The previous eight-year agreements end after 2015-16.

ESPN president John Skipper
THE ASSOCIATED PRESS

"We believe at the end of the deal it will feel inexpensive," ESPN President John Skipper said. "It's hard to imagine."

The basics won't change: The NBA Finals remain on ABC, ESPN's broadcast partner. ESPN/ABC and TNT will continue to split the conference finals.

THE ASSOCIATED PRESS

After DUI arrest

Phelps fined, suspended

Michael Phelps' comeback took a major hit on Monday, with USA Swimming suspending the 18-time Olympic champion for six months and forcing him to withdraw from next year's world championships.

Phelps also lost six months of funding from the sport's national governing body as a result of his second DUI arrest. The 29-year-old swimmer is banned from participating in USA Swimming-sanctioned meets through April 6, 2015.

Phelps can still train with his North Baltimore club, but he had already qualified for the world championships in Russia next August, which is the biggest international meet leading up to the 2016 Rio de Janeiro Olympics.

THE ASSOCIATED PRESS

Ryan Johansen and the Columbus Blue Jackets agreed to a three-year, $12-million deal on Monday. JAMIE SABAU/NHLI VIA GETTY IMAGES

Jackets agree to a deal with Johansen

Ugly dealings. After much public bickering, Columbus' top scorer is in for season opener

Ryan Johansen missed most of training camp in a loud and public contract impasse.

He also missed his teammates.

The team's 22-year-old leading scorer finally reached agreement with the club on a three-year deal that will pay him $3 million US each of the first two years and $6 million in the third year. The cap hit will be $4 million per season, according to figures supplied by the office of Johansen's agent, Kurt Overhardt.

"I'm really excited to have this deal done," Johansen said in a statement. "I can't wait to rejoin my teammates, coaches and our fans in Columbus and help this team build on what we've started the past two seasons."

Coach Todd Richards was happy to have Johansen returning and also be rid of the distraction of the strained negotiations.

"(The signing is) nice on a couple of fronts," Richards said. "We're getting a good player back and with everyone else it's not a story or a distraction that's lingering in the background."

Johansen had totalled just 14 goals and 19 assists in his first 107 NHL games before exploding for 33 goals and 30 assists in 82 games last season, while leading the club to its best regular-season record ever and a berth in the playoffs.

But he was a restricted free agent and the negotiations soon got ugly.

"Obviously I'm very pleased to get this over with," general manager Jarmo Kekalainen said.

John Davidson, the team's director of hockey operations, was clearly agitated when he spoke at the Blue Jackets media day three weeks ago. He repeatedly said he had negotiated in good faith — also offering Johansen $32 million for six years and $46 million over eight — but had referred to Johansen's demands as "extortion." THE ASSOCIATED PRESS

Quoted

"I talked to Joey briefly already and just basically told him, 'Get your butt over here and let's get to work.'"

Blue Jackets general manager Jarmo Kekalainen

No time to catch up

Pending travel and visa arrangements, Ryan Johansen, who was in his native Vancouver area when the deal was announced, was expected to be available for the Blue Jackets' season opener on Thursday night in Buffalo.

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AUGMENTED REALITY

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Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Leave your responsibilities and worries behind and do something that inspires you. That applies to your personal life, too.

♉ Taurus
April 21 - May 21
What happens in your work environment will give you the chance to show how well suited you are to take on a leadership position. While others lose their heads you will be the picture of calm.

♊ Gemini
May 22 - June 21
Don't let anyone tell you that you are not entitled to enjoy the good things in life. Too often you have held back while those less talented but with bigger egos have pushed ahead. Time to reverse that.

♋ Cancer
June 22 - July 23
Have faith in your instincts. What happens over the next few days will prove you right so stick to your guns — you'll get the last laugh.

♌ Leo
July 24 - Aug. 23
According to the planets you are trying too hard. What you need to do is to sit back for a while and let life come to you.

♍ Virgo
Aug. 24 - Sept. 23
Work hard today but don't go to extremes. You will be more productive if you pace yourself and don't try to do everything at once. Be kind to yourself.

♎ Libra
Sept. 24 - Oct. 23
Keep affairs of the heart on a fun level. The more you try to force a relationship in a certain direction the more the one you love will feel pressured.

♏ Scorpio
Oct. 24 - Nov. 22
There is no need for regrets or remorse. Set your sights on the future and make it the best it can possibly be. It's tomorrow that matters.

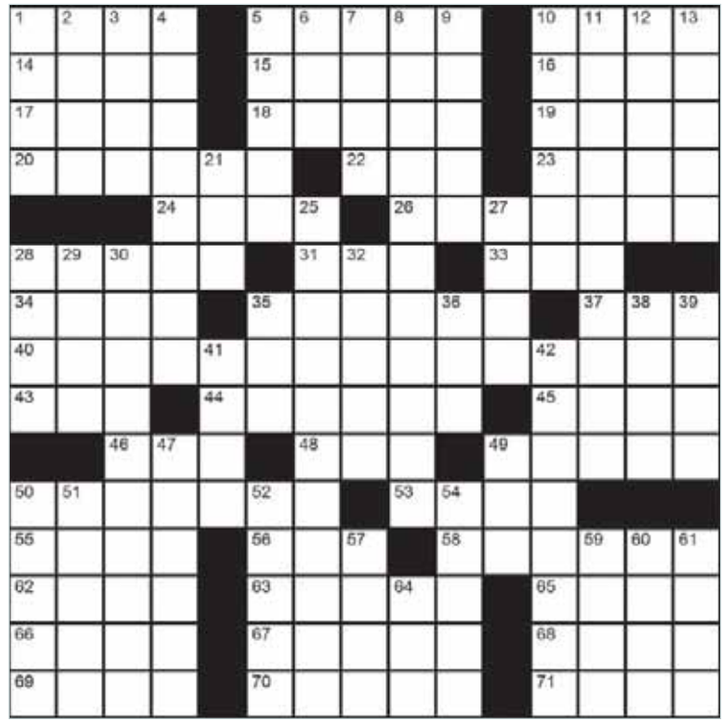
♐ Sagittarius
Nov. 23 - Dec. 21
Your circumstances will change for the better over the next few weeks but over the next few days there will be times when it seems as if things are moving backwards. Be patient.

♑ Capricorn
Dec. 22 - Jan. 20
If you acknowledge your weaknesses now you will be operating from a position of strength later in the week.

♒ Aquarius
Jan. 21 - Feb. 19
You know that something good is going to happen but you also know you may have to go through a rough patch first. Take what happens today and tomorrow in your stride.

♓ Pisces
Feb. 20 - March 20
It may at times seem as if the world is coming apart at the seams but from a higher perspective things have never been better. Trust more and smile more.

Crossword: Canada Across and Down by Kelly Ann Buchanan



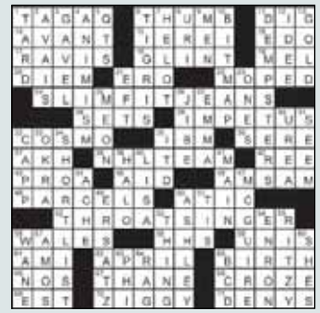
Across

1. Canadian artist, Wanda __
5. This thingy in music: #
10. Power, puny-ly
14. She, in Seville
15. Of the ear
16. Ms. Ward
17. Canadian Museum of Immigration at __ 21, in Halifax
18. Priestess in Georges Bizet opera The Pearl Fishers
19. Lettered frozen dessert chain
20. Belonging to an incisor or molar, say
22. Fitting
23. 'Buck' add-on
24. Hawaiian feast
26. Nickname for Toronto
28. Finish by...: 2 wds.
31. Business excess
33. Workout unit, commonly
34. Pull in $$$
35. 1987 U2 album: 'The __ Tree'
37. Thrill __ _ lifetime
40. War of 1812 artifacts: 3 wds.
43. Compass point
44. Witch in the musical Wicked
45. Ancient's 8
46. Slamming sound!
48. Slimy stuff
49. Celebrations
50. Extend
53. Benefit
55. Li'l math course
56. Plane's take-off info
58. Foreigner hit
62. __-de-camp
63. __ River, BC
65. Some punk music fans
66. Musical Lady
67. __ circle (Those in the know)
68. Peril
69. Utopia
70. Valley in Ontario depicted by The Group of Seven
71. Fr. women-with-halos

Down

1. Held
2. Medley meal
3. Margarine
4. __ Brothers: "Soul City" Canadian group
5. Dance style
6. Shade
7. Classical song
8. Calgary Stampeders mascot: 3 wds.
9. Ancient philosopher
10. Ritzy expanse
11. City of the dead
12. __ room (Enough space to move)
13. Silk-like fabric
21. Gilligan's dwelling
25. Type of occurrence in '77's "Close Encounters of the Third Kind": 2 wds.
27. Take greedily
28. "Mistakes of My Youth" band
29. Rob Roy's refusals
30. Moat crossing
32. __ __ questions (Be inquisitive-not)
35. Summer mo.
36. Stage actress Ms. Hagen
38. Move, Hummingbird-style
39. Rummage sale tag notation: 2 wds.
41. Company bosses, collectively [abbr.]
42. Ralph Fiennes/Uma Thurman spy movie, "The __" (1998)
47. Greece-__ Sea-Turkey
49. Tree type
50. Theatre's surface
51. Set of three
52. As You Like It role
54. Tony-winning actress/singer Ms. McDonald
57. Mr. Carvey
59. Send forth
60. Breather
61. Posh put-downs
64. Back the tape up, briefly

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	6	2				4	9	
			9		1			
9	1			3			7	8
		6	2		5	1		
5								7
		3	8		6	9		
7	5			2			4	6
			6		4			
	8	4				3	2	

Yesterday's Sudoku

8	1	9	2	5	4	6	7	3
2	5	3	6	7	9	8	1	4
6	4	7	1	3	8	9	2	5
7	9	1	5	8	2	4	3	6
3	2	8	9	4	6	1	5	7
5	6	4	7	1	3	2	9	8
9	7	5	4	6	1	3	8	2
1	3	6	8	2	7	5	4	9
4	8	2	3	9	5	7	6	1

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